

Week 1

Day 1

Breakfast

2 Eggs & 2 Toast (per person) with margarine and jelly

Lunch

PB&J with apple

Dinner

Garlic chicken with green beans and baked potato

Day 2

Breakfast

Oatmeal and yogurt

Lunch

Ramen noodles with poached egg

Dinner

Cheese Quesadilla with avocado, salsa and refried beans

Day 3

Breakfast

Oatmeal & Yogurt

Lunch

2 hardboiled eggs/per person, apple with peanut butter

Dinner

Classic UK Jacket potato with beans

Day 4

Breakfast

2 eggs and toast

Lunch

PB& J with apple

Dinner

Spaghetti with meat sauce

Salad

Day 5

Breakfast

Oatmeal and yogurt

Lunch

Hardboiled eggs with apples and peanut butter

Dinner

Lentil Soup with cheese toast

Day 6

Breakfast

2 eggs and toast

Lunch

Leftover Lentil Soup or
Ramen with poached egg

Dinner

Leftover spaghetti
Salad

Day 7

Breakfast

2 eggs and toast

Lunch

Ramen with poached egg

Dinner

Tuna Melt
Salad

Week 2

Day 1

Breakfast

2 Eggs & 2 Toast (per person) with margarine and jelly

Lunch

PB&J with apple

Dinner

Teriyaki Pork Chops w/ Delicata squash and broccoli

Day 2

Breakfast

Oatmeal and yogurt

Lunch

Ramen noodles with poached egg

Dinner

Bean and cheese enchilada with salad

Day 3

Breakfast

Oatmeal & Yogurt

Lunch

2 hardboiled eggs/per person, apple with peanut butter

Dinner

Rosemary roasted chicken and potatoes with green beans

Day 4

Breakfast

2 eggs and toast

Lunch

PB& J with apple

Dinner

Cheesy White Bean Tomato Bake w/demi baguette

Day 5

Breakfast

Oatmeal and yogurt

Lunch

Hardboiled eggs with apples and peanut butter

Dinner

Leftover Lentil Soup with cheese toast

Day 6

Breakfast

2 eggs and toast

Lunch

Leftover Lentil Soup or
Ramen with poached egg

Dinner

Sausage & apple stuffed acorn squash

Day 7

Breakfast

2 eggs and toast

Lunch

Ramen with poached egg

Dinner

Salmon, baked potato and green beans